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| **YEAR 3** | |
| **Family and relationships** | |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Healthy families (Big Bag of Families) P4C |
| Lesson 3 | Friendship - conflict and resolution |
| Lesson 5 | Effective communication to support relationships |
| Lesson 6 | Learning who to trust |
| Lesson 7 | Stereotyping - in everyday life |
| **Safety and the changing body** | |
| Lesson 1 | Emergencies and calling for help |
| Lesson 2 | Basic first aid - bites & stings |
| Lesson 4 | Cyberbullying |
| Lesson 7 | Who and what can influence my decisions and how to make the right choices for me  *(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)* |
| Lesson 8 | Road safety |
| **Health and wellbeing** | |
| Lesson 1 | My Healthy diary - physical activity, rest and diet |
| Lesson 3 | Wonderful me! |
| Lesson 5 | Breaking down problems |
| Lesson 6 | Diet and dental health |

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| **Citizenship** | |
| Lesson 1 | Rights of the child |
| Lesson 5 | Charity |
| Lesson 6 | Local democracy |
| **Economic wellbeing** | |
| Lesson 1 | Ways of paying |
| Lesson 5 | Jobs and careers |
| **Transition** | |
| Lesson 1 | Transition lesson |